

HEART DISEASE

Heart disease includes a number of problems affecting the heart and the blood vessels in the heart. Among all U.S. women who die each year, 1 in 4 dies of heart disease. African American and Hispanic American/Latina women tend to have more risk factors for heart disease than white women.

- Coronary artery disease (CAD) is the most common type of heart disease. With CAD, your arteries become hard and narrow, which can lead to chest pain and heart attack.
- Take steps to lower your risk of heart disease:
 - Know your blood pressure
 - Don't smoke. If you smoke, try to quit
 - Get tested for diabetes
 - Have your cholesterol (koh-LESS-tur-ol) and triglyceride (treye-GLIH-suh-ryd) levels tested. Your doctor may advise you to lower them.
 - Maintain a healthy weight
 - Limit alcohol to no more than 1 drink a day
 - Find healthy ways to cope with stress
- Heart disease often has no symptoms. But, chest or arm pain or discomfort can be a warning sign of a heart attack. Other signs include shortness of breath, dizziness, nausea, abnormal heartbeats, and feeling very tired.
- If you think you, or someone else, may be having a heart attack, wait no more than a few minutes — 5 at most — before calling 911.

FOR MORE INFORMATION

National Heart, Lung, and Blood Institute

Phone number: (301) 592-8573

Internet Address: <http://www.nhlbi.nih.gov/index.htm>

National Cholesterol Education Program

National Heart, Lung, and Blood Institute

Internet Address: <http://www.nhlbi.nih.gov/about/ncep>

National High Blood Pressure Education Program

National Heart, Lung, and Blood Institute

Internet Address: <http://www.nhlbi.nih.gov/about/nhbpep/index.htm>

Act In Time to Heart Attack Signs Campaign

National Heart Attack Alert Program

National Heart, Lung, and Blood Institute

Phone number: (301) 592-8573

Internet Address: <http://www.nhlbi.nih.gov/actintime>

The Heart Truth

National Awareness Campaign for Women about Heart Disease

National Heart, Lung, and Blood Institute

Internet Address: <http://www.nhlbi.nih.gov/health/hearttruth/index.htm>

American Heart Association

Phone number: (800) 242-8721

Internet Address: <http://www.americanheart.org>

WomenHeart

Phone number: (202) 728-7199

Internet Address: <http://www.womenheart.org>

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